

ABSTRACT OF THE DISCLOSURE

An exerciser with an adjustable damping device includes a main frame and the adjustable damping device is mounted to the main frame. The adjustable damping device includes a post and two stopper
5 respectively sleeved on two opposite sections of the post. Two sleeves are respectively sleeved on two opposite sections of the post. Two friction washers are respectively sandwiched between a corresponding stopper and sleeve. A shaft extends through the post. A locking set and an adjusting set are respectively mounted to two opposite ends of the
10 shaft to hold the sleeves and two friction washers in place. The adjusting set can reduce the distance between the two sleeves to promote the friction force between the two stoppers, the two friction washers and the two sleeves and provide a suitable damping to the
15 exerciser.